You’ve Got This

By Tracy Becker

John Asks: When major things happen in my life, I get all out of sorts and have trouble calming myself down. Do you have any suggestions?

You know John, many people do this and they call it overwhelmed. When in a state of overwhelm it is nearly impossible to make good choices and see your way through. However, there is help.

The first thing I would suggest is to require yourself the time and space needed to step away from the circumstance and situation and breath, take a step back and just observe. When you first start doing this, you might experience resistance and think you have to act now. I promise you this is a lie you are telling yourself. It is very rare that things are this urgent. And, as it so happens, when situations arise that do require urgent action, most of us are able to respond appropriately. Thus, I strongly suggest not to listen to that voice, or others who are attempting to push you into a reactive response or immediate action. You will find, that with practice, this will get easier.

When you take the step back, begin evaluating the situation based on urgency. What would be in my best interests to do now or today? Then follow up with that. Truly, all you have to do is repeat this, but it will take practice to start trusting this process.

Other times when people ask me for assistance in this type of experience, I have often told them to put each task or action on a sticky note. Place all the sticky notes on a table or wall. Sit in front of it with your eyes closed doing 3 to 5 minutes of deep breathing. Before you open your eyes affirm that you will know exactly which sticky note to pick up first and get busy taking care of. This will take some discipline and trust, but it works wonders.

You’ve got this, John. All the best

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